

# **SINGING FUN 'n GAMES**



**NW ARKANSAS TRAVELERS ORFF**



**ARTIE  
ALMEIDA  
CLINICIAN**



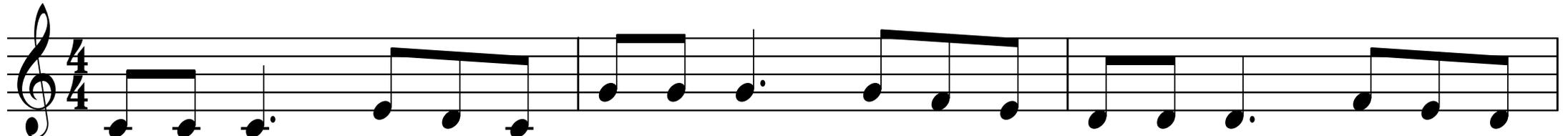
My Bonnie Lies Over the Ocean  
Scottish Folk Song  
Published 1881



# **CONSONANTS ARE OUR FRIENDS!**

**(JUST SAY NO TO “OATMEAL MOUTH!”)**

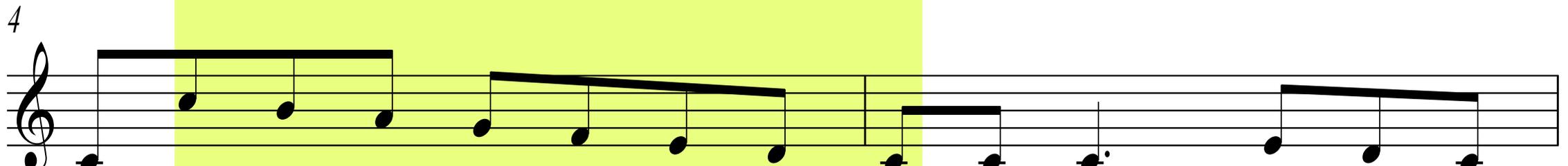
# CHUMBARA



Musical staff 1 in 4/4 time, starting with a treble clef and a 4/4 time signature. The melody consists of six measures of music, each containing a dotted quarter note followed by two eighth notes. The notes are: G4, A4, B4; C5, B4, A4; G4, F4, E4; D4, C4, B3; A3, G3, F3; E3, D3, C3.

Chum - ba - ra, chum - ba - ra,

4



Musical staff 2 in 4/4 time, starting with a treble clef. The melody consists of seven measures. The first six measures are highlighted in yellow. The notes are: G4, A4, B4; C5, B4, A4; G4, F4, E4; D4, C4, B3; A3, G3, F3; E3, D3, C3.

chum - chum, chum - ba - ra, chu - ba - ra,

6



Musical staff 3 in 4/4 time, starting with a treble clef. The melody consists of six measures. The last two measures are highlighted in yellow. The notes are: G4, A4, B4; C5, B4, A4; G4, F4, E4; D4, C4, B3; A3, G3, F3; E3, D3, C3.

chum - ba - ra, chum - ba - ra, chum - ba - ra, chum - ba - ra chum chum!

# Artie's Chumbara Word List

## BAG #1:

**ZIP**

**ZOP**

**BOP**

**FLOP**

**POP**

**BUZZ**

**YAP**

**HUG**

**BAG**

**NAG**

**FLU**

**BUG**

**DIG**

**ZIG**

**ZAG**

**FLAP**

**ZAP**

**TIP**

**TAP HOP**

## BAG #2:

**2**

**of**

**each**

**vowel**

## BAG #3:

**BOO**

**MOO**

**TOO**

**ZOO**

**GOO**

**LOO**

**FOO**

**ZEE**

**TEE**

**FEE**

**FLY**

**MY**

**MEE**

**HOO**

**HEE**

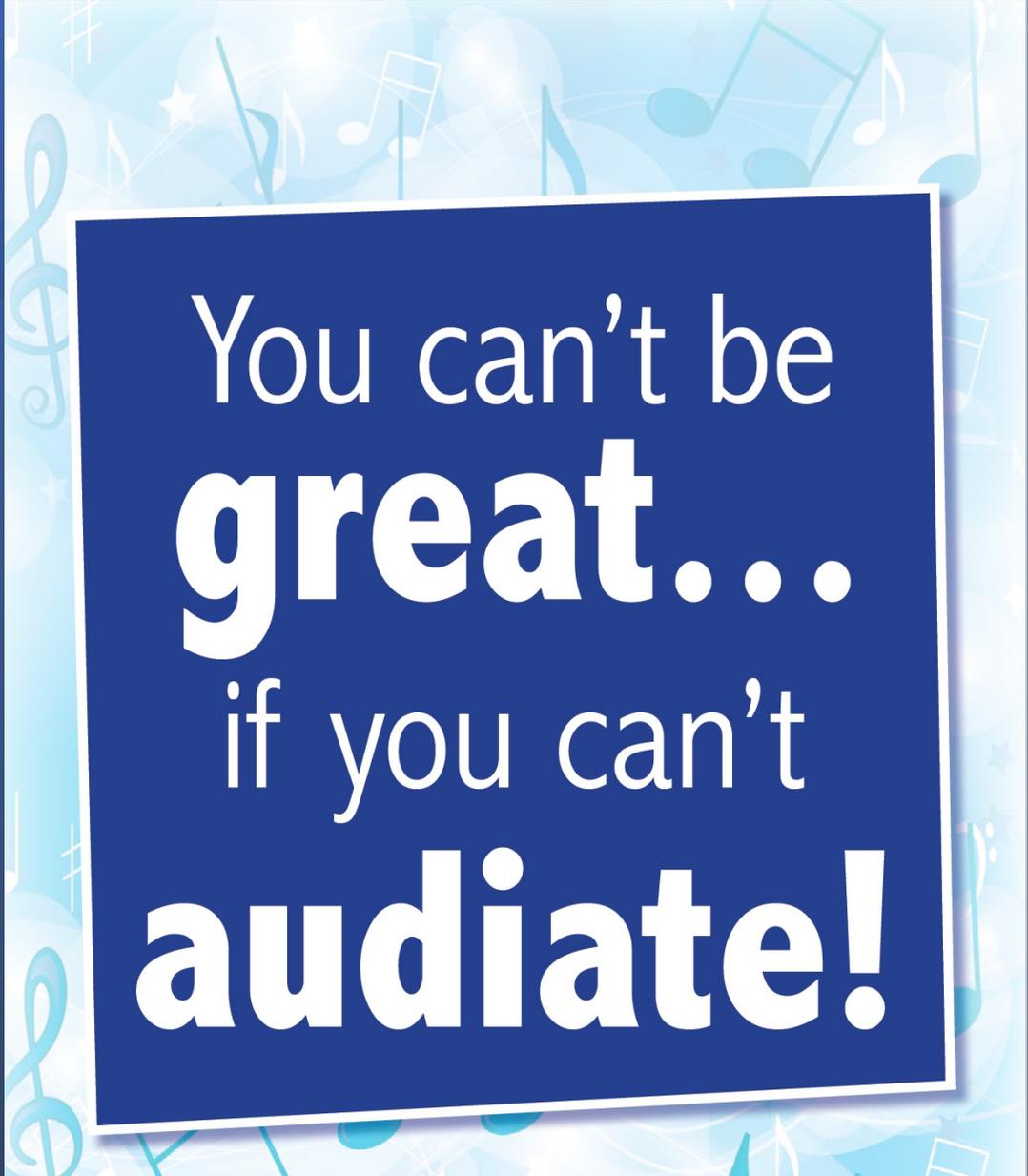
# FROM ARTIE'S NEW BOOK: SINGING FUN 'N GAMES



## Singing Fun and Games!

By Artie Almeida

Action Songs	Page	Audiation Songs	Page
1. My Bonnie Lies Over the Ocean	4	12. Little Cabin in the Wood	39
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You can't be  
**great...**  
if you can't  
**audiate!**

Swimming,  
Swimming



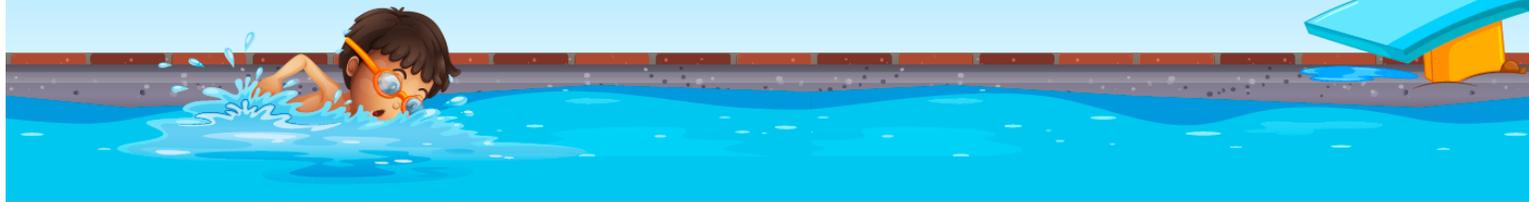
**Swimming, swimming,  
in my swimming pool.**

**When days are hot,  
when days are cold,**

**in my swimming pool.**

**Back stroke, side stroke,  
fancy diving too...**

**Don't you wish you never had  
anything else to do, but...**



**Swimming, swimming,**

**in my swimming pool.**

**When days are hot,**

**when days are cold,**

**in my swimming pool.**

**Back stroke, side stroke,**

**fancy diving too...**

**Don't you wish you never had**

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When days are **hot**,

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**Back stroke**, side stroke,  
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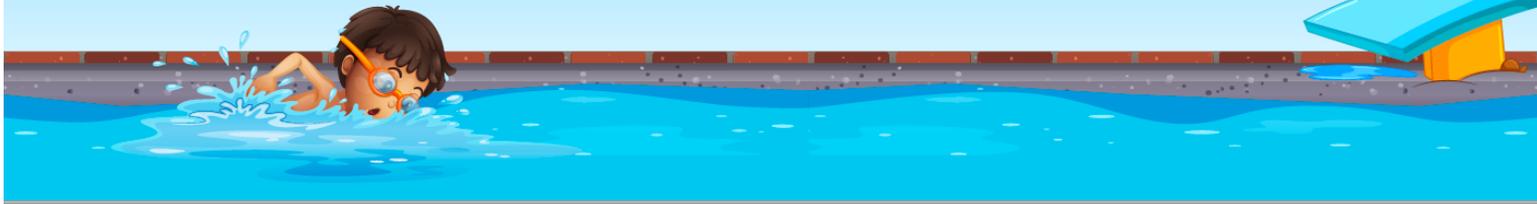
**Swimming, swimming,**  
in my swimming pool.

When days are **hot**,  
when days are **cold**,

in my swimming pool.

**Back stroke, side stroke,**  
**fancy diving too...**

Don't you wish you never had  
**anything else to do, but...**



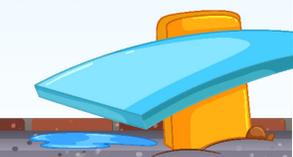
# Swimming, Swimming

G C G  
Swim - ming, swim - ming, in my swim - ming pool. When

D7 G A D  
days are hot, when days are cold, in my swim - ming pool.

G C G  
Back stroke, side stroke, fan - cy div - ing too!

C D G D G D G  
Don't you wish you nev - er had an - y - thing else to do? (But)



# Long Legged Sailor



# Long Legged Sailor



2 bar intro

Traditional

F C7 F

Have you ev - er, ev - ev - er your long leg - ged life seen a

Detailed description: This is the first line of the musical score. It features a treble clef, a key signature of one flat (Bb), and a common time signature (C). The melody consists of quarter and eighth notes. Chords F and C7 are indicated above the staff. The lyrics are 'Have you ev - er, ev - ev - er your long leg - ged life seen a'.

C7 F

long leg - ged sail - or with a long leg - ged wife?

Detailed description: This is the second line of the musical score. It continues the melody from the first line. Chords C7 and F are indicated above the staff. The lyrics are 'long leg - ged sail - or with a long leg - ged wife?'.

F C7 F

No, I've nev - er, ev - ev ev - er in my long leg - ged life seen a

Detailed description: This is the third line of the musical score. It continues the melody. Chords F, C7, and F are indicated above the staff. The lyrics are 'No, I've nev - er, ev - ev ev - er in my long leg - ged life seen a'.

C7 F

long leg - ged sail - or with a long leg - ged wife?

Detailed description: This is the fourth line of the musical score. It concludes the melody. Chords C7 and F are indicated above the staff. The lyrics are 'long leg - ged sail - or with a long leg - ged wife?'.



# Long Legged Sailor



1. Have you ever ever ever in your long-legged life seen a long-legged sailor with a long-legged wife?  
No, I've never ever ever in my long-legged life seen a long-legged sailor with a long-legged wife.
2. Have you ever, ever, ever in your long legged life, seen a long legged hamster with a long legged wife.  
No, I've never, ever, ever in my long legged life, seen a long legged hamster with a long legged wife.
3. Have you ever, ever, ever in your long legged life, seen a long legged pizza...
4. Have you ever, ever, ever in your long legged life, seen a long legged eyeball...





## 11 Surprising Health Benefits of Singing

Singing brings joy to many people – but did you know that your passion for singing can lead to other surprising benefits? Consider all the health benefits of singing and you'll never want to sit silent ever again!

<https://takelessons.com/live/singing/health-benefits-of-singing>





## Physical Benefits

### Singing strengthens the immune system

According to research conducted at the [University of Frankfurt](#), singing boosts the immune system. The study included testing professional choir members' blood before and after an hour-long rehearsal singing Mozart's "Requiem".

The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal. The same increases were not observed after the choir members passively listened to music.

### Singing is a workout

For the elderly, disabled, and injured, singing can be an excellent form of exercise. Even if you're healthy, your lungs will get a workout as you employ proper singing techniques and vocal projections. Other related health benefits of singing include a stronger diaphragm and stimulated overall circulation. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing

can increase your aerobic capacity and stamina.

### Singing improves your posture

Standing up straight is part of correct technique as you're singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you're [improving your posture](#) overall.

### Singing helps with sleep

According to a health article in [Daily Mail Online](#), experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnea. If you're familiar with these ailments, you know how difficult it can be to get a good night's sleep!



## Mental and Emotional Benefits

### **Singing is a natural anti-depressant**

Singing is known to [release endorphins](#), the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a [tiny organ in the ear](#) called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like. Not only that, but singing can simply take your mind off the day's troubles to boost your mood.

### **Singing lowers stress levels**

Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.

### **Singing improves mental alertness**

Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory. The [Alzheimer's Society](#) has even established a "Singing for the Brain" service to help people with dementia and Alzheimer's maintain their memories.



## Social Benefits

### **Singing can widen your circle of friends**

Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there's a level of intimacy naturally involved.

### **Singing boosts your confidence**

Stage fright is a common feeling for new singers. However, performing well and receiving praise from your friends and family may be the key to eventually overcoming your fears and boosting your self-confidence. With time, you may even find it easier to present any type of material in front of a group with poise and good presentation skills.

### **Singing broadens communication skills**

According to an article in [The Guardian](#) (a British daily newspaper), singing to babies helps prepare their brains for language. Music is just as important as teaching reading and writing at a young age to prevent language problems later in life. If you enjoy writing your own lyrics, honing this talent can improve your ability to communicate in different ways!

### **Singing increases your ability to appreciate accomplished singers**

Sometimes, you don't realize how difficult something is until you try it yourself. As you grow from an amateur to an intermediate student and beyond, you'll be looking to the masters for inspiration. You might even find a new style of music to appreciate that you wouldn't normally listen to!

The delights of singing go beyond merely enjoying the beauty of your own vocal talent. All of these health benefits of singing may make you want to join a choir or [start taking voice lessons](#) right away! It doesn't matter whether you become a world-class singer or not; have fun with it and do you what you enjoy!

# There's a Spider on the Floor

by Bill Russell



There's a spi-der on the floor, on the floor. There's a spi-der on the floor on the



floor. There's a spi-der on the floor. He just walked right in the (door) There's a



spi-der on the floor, on the floor. Yes, floor rhymes with door.



**The Hawaiian Happy Spider**



**The South American Goliath Birdeater Spider**



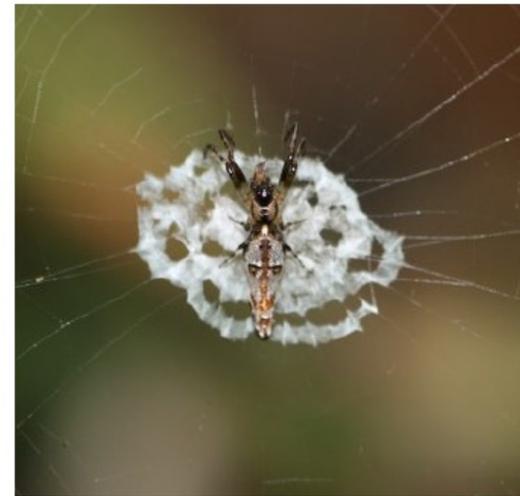
**The Dracula Spider**



**The Sparklemuffin Spider**



**The Scuba Spider**



**The Poopy Spider**

# Spider Facts

- **Spider Population:** An estimated 1 million spiders live in one acre of land. The number might be closer to 3 million in the tropics. It is estimated that a human is never more than 10 feet away from a spider—ever. 😬
- **Spider Diet:** Spiders eat more insects than birds and bats combined.
- **World's Biggest Spider!** The world's biggest spider is the goliath spider (*Theraphosa blondi*). It can grow up to 11 inches wide, and its fangs are up to one inch long. It hunts frogs, lizards, mice, and even small snakes and young birds.
- **Spider Dating:** Some male spiders give dead flies to the females as presents. 😬
- **Spider Medicine:** Hundreds of years ago, people put spider webs on their wounds because they believed it would help stop the bleeding. Scientists now know that the silk contains vitamin K, which helps reduce bleeding!
- **Amazing Spider Silk:** A strand of spider silk long enough to encircle Earth would weigh just over a pound!
- **Spider Venom:** The venom of the female black widow is 15 times more powerful than the poison of a rattlesnake! 😬

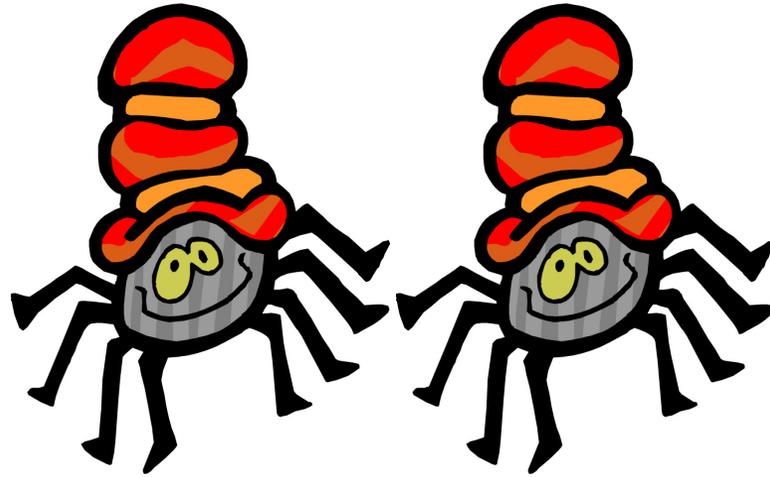
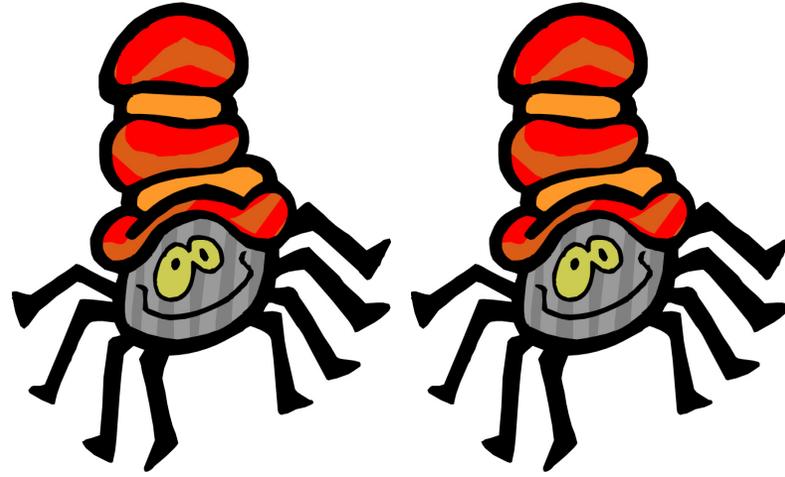
**Where**

*there's*

**passion,**

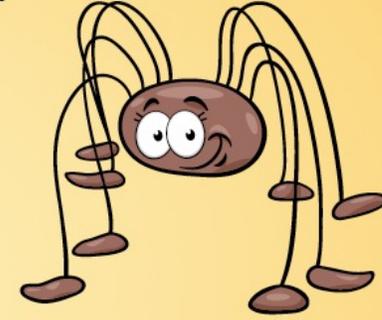
*there's*

**retention.**



# There's a Spider on the Floor *by Bill Russell*

1. Floor – he just walked right in the door
2. Toes – and he's wiggling his nose
3. Knee – he used to live up in a tree
4. Thigh – and he's only got one eye!
5. Belly – eating peanut butter and jelly
6. Neck – he makes me feel like a wreck!
7. Ear – he's so big I can hardly hear.
8. Hair – I think he's dancing way up there.
9. Back – eating a little snack
10. Tush – if I roll over, he's gonna go smush!



Coda – Now there's a spider on the floor, on the floor.

(Repeat)

There's a spider on the floor ... 'cause we're not gonna sing any more ... There's a spider on the floor, on the floor. Yes, floor rhymes with door.





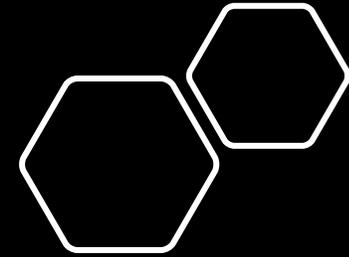






**THINK OF 3 OR 4  
DIFFERENT MUSICAL  
GENRES  
(STYLES).**

**SHARE YOUR IDEAS  
WITH A NEIGHBOR.**



# **THE CAT OPERA**

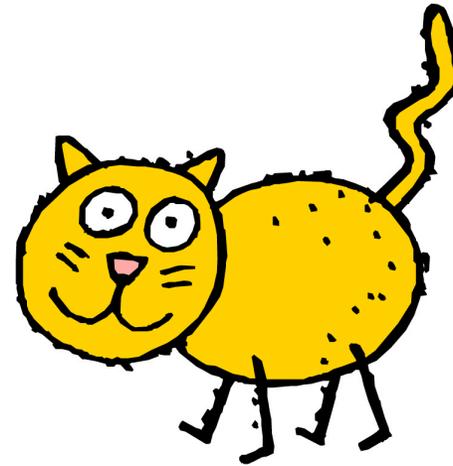
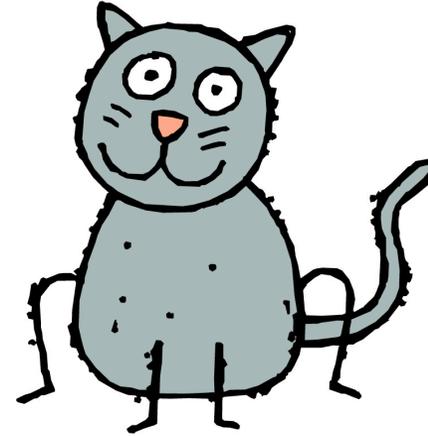
## **BY**

### **GIOACHINO**

### **ROSSINI**

"Every kind of music is good,  
except the boring kind."  
Gioachino Rossini

"Rossini would have been a great  
composer if his teacher had spanked  
him enough on the backside."  
Ludwig van Beethoven



This activity was shared with me by Debbie Clifton,  
and I thank her for allowing me to share it with you!

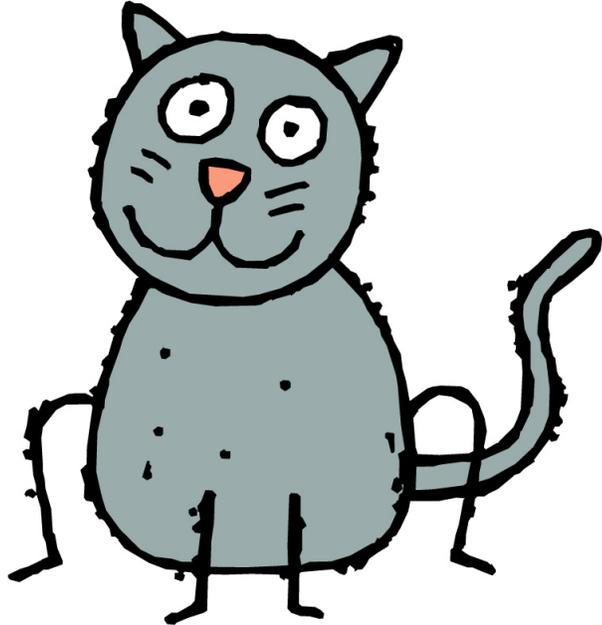
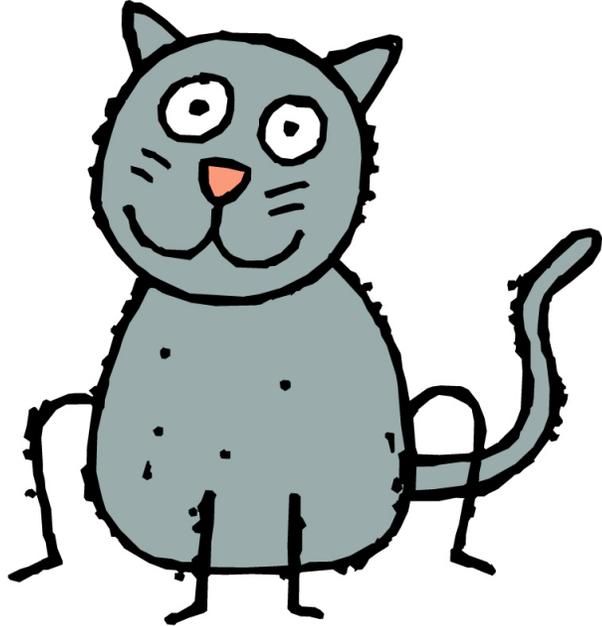


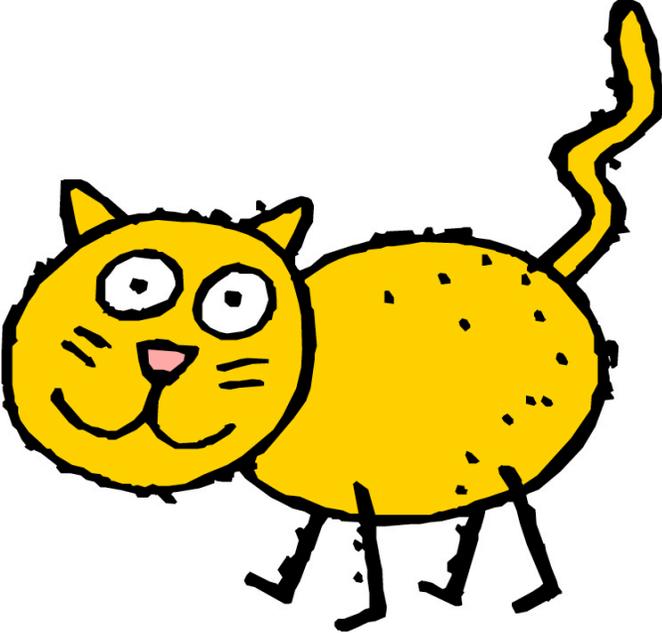
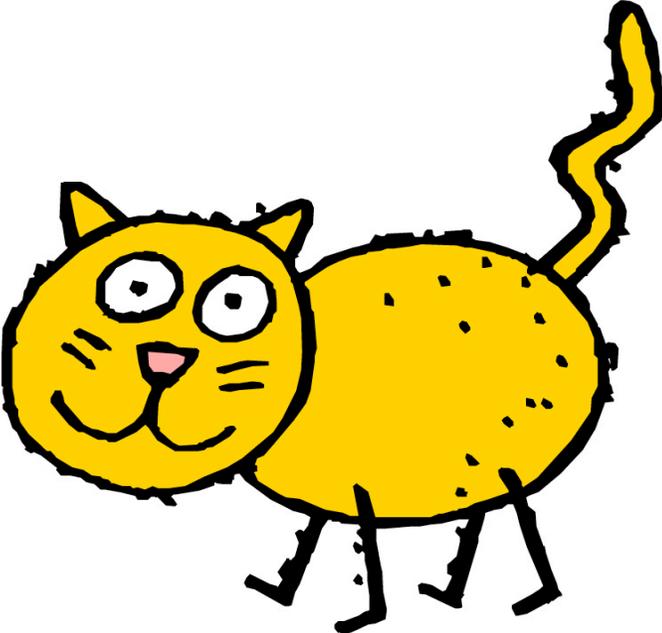














## About the Clinician

Dr. Artie Almeida has 37 years of public-school teaching experience and was the music instructor at Bear Lake Elementary in the Orlando FL area, where she taught 1200 K-5 students. Her dynamic performing groups have performed for hundreds of audiences, including AOSA, FMEA, Walt Disney World, and on the NBC Today Show.

Artie's accolades include Florida Music Educator of the Year, Runner-Up for Florida Teacher of the Year, International Educator 2006 (Cambridge UK Biographical Society), school level Teacher of the Year six times, Seminole County Teacher of the Year, and University of Central Florida Alumni of the Decade.

Artie is included in the publications Who's Who in American Education and Great Minds of the 21<sup>st</sup> Century.

Artie was an adjunct professor of music education at the University of Central Florida for 34 years, the saxophone instructor at Valencia State College, the music and movement instructor at Seminole State College and a saxophone performer and instructor. Additionally, she performs early music on woodwinds with Ars Antiqua and the Halifax Consort.

Artie presents music education symposia throughout the world and her 32 publications celebrate innovative delivery systems for K-5 music instruction. Heavy Academics: Delivered Joyfully!

Contact Artie at [musicja@me.com](mailto:musicja@me.com)

Refer to the following page for a list of Artie's Teaching Resources.

# Artie's Teaching Resources

## Woods, Metals, Shakers, Skins

*Hoop Group Activities for Your Active Music Room*

## Percussion Parade

*The Wonderful World of Non-Pitched Percussion*

## Artie's Affirmations

*21 Educational and Inspirational Posters for Every Music Classroom*

## Adventures with the Orchestra

*A complete instructional unit to bring the orchestra to your students*

## KidStix

*Rockin' Repertoire for Rhythm Readiness*

## Music Madness!

*Totally Terrific Interactive Games*

## Get to the Point!

*A Collection of Pointing Pages and Powerful Plans*

## Parachutes and Ribbons and Scarves, Oh My!

*Listening Lessons with Movement Props*

## Mallet Madness Interactive CD-ROM and Mallet Madness Strikes Again!

### Interactive CD-ROM

*SMART and Promethean editions of whiteboard lessons with PowerPoint materials to support your favorite resources*

## Mallet Madness

*A collection of engaging units for using mallet instruments and drums in the music classroom*

## Mallet Madness Strikes Again!

*A collection of engaging units for mallet instruments and drums*

## Recorder Express

*Soprano Recorder Method with CD*

## Proficiency Packs

*Each pack includes 30 student cards on brightly colored, sturdy card stock and a teacher's guide*

- #1—Rhythm Rockets
- #2—Sneaky Snake (vocabulary)
- #3—Beat Strips and Rhythm Markers
- #4—Doggone Dynamics
- #5—Melody Mice
- #6—Percussion Discussion (with CD)
- #7—Mood Meters (with CD)
- #8—Ensembles for Everyone (with CD)
- #9—Style Dials (with CD)
- #10—Super Singers (with CD)

## Artie's Jazz Pack

*CD included • Games and Activities for Teaching About Jazz in the Classroom*



**Artie Almeida**



Visit [www.artiealmeida.com](http://www.artiealmeida.com) to learn more about and purchase these and other exceptional teaching resources from Artie.